



# NORTHAMPTON PARKS & RECREATION

## TEEN EXPEDITIONS



### Session 4: July 16 - 20- Bikes, Climbs & Hikes

Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19	20
<b>ORIENTATION HIKE Rattlesnake Knob</b>	<b>BIKE NORWOTTUCK TRAIL</b>	<b>LOOK PARK SWIM @ JFK</b>	<b>RAFT BUILDING  Rock Climbing @ Central Rock</b>	<b>LAKE WYOLA</b>
We will begin the week with ice breakers, games, a hike with lunch on top of Rattlesnake Knob, followed by a swim at Musante Beach to end the day.	The day will be spent biking along Norwottuck trail and an Ice Cream stop at Maple Farms in Hadley.	The morning will start with <b>walking</b> to Look Park, playing group games, some arts & crafts, and finally a lengthy and leisurely swim at JFK to end the day.	We will take on the ultimate Raft Building Adventure at Musante Beach, followed by climbing at Central Rock Gym.	The day will be spent swimming, playing beach volleyball, and other beach activities!
<input type="checkbox"/> suitable shoes <input type="checkbox"/> swim gear <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen	<input type="checkbox"/> suitable shoes <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen <input type="checkbox"/> bike & helmet <input type="checkbox"/> \$ for ice cream (optional)	<input type="checkbox"/> suitable shoes <input type="checkbox"/> swim gear <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen	<input type="checkbox"/> suitable shoes <input type="checkbox"/> <b>Waiver Form</b> <input type="checkbox"/> swim gear <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen	<input type="checkbox"/> suitable shoes <input type="checkbox"/> swim gear <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen

*\*Calendar subject to change. You may call the office after 4:00pm at 587-1040 to check for delays\**

*\*Please remember that camp is a cellphone-free space\**